



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35040, Fish, herring eggs, Pacific, dry (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	27.30	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	312	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1306	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	60.40	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	6.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	2.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	2.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Calcium, Ca ¹	mg	29	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P ¹	mg	808	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Thiamin ¹	mg	0.050	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.170	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	4.100	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993